

Smith Senior Center — JULY 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.H.O.Y. - Summer Schedule Greensboro Sportsplex M, F 8:15 am Smith Senior Center M, W, Th, F, S 9:15 am W 5:30 pm Lewis Center W 9:15 am Leonard Center W, F 10:30 am Lindley Center M, Tu, Th 2:15 pm Brown Center Tu, Th 9:15 am Peeler Center Tu, Th 10:30 am	1 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Honey Bee Helpers Rm 1 10:00 Pickleball Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 6:15 Beginner Zumba! Gym	2 8:15 Water Aerobics* Pool 8:15 Fitness Members Class Rm 2 9:00 S.M.A.C. Rm 2 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 5:45 Water Fitness Class* Pool 6:30 Line Dance Class - Beg. Gym 7:15 Kung Fu* Rm 2 7:40 Line Dance - Adv. Gym	3 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Table Tennis Rm 2 2:00 Ice Cream Social Rm 1 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym	4 Center Closed for Independence Day	5 NO AHOY 10:00 Bocce/Horseshoes Outside 10:00 Shuffleboard/Cornhole Gym 10:00 Water Arthritis Class* Pool 2:00 Senior Swim Pool 5:00 Table Tennis Gym	6 NO AHOY 9:00 Fitness Members Class Rm 2 9:30 Senior Swim Pool
7 Enjoy coffee in the Lounge Monday - Friday 9 am - 12 noon	8 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Honey Bee Helpers Rm 1 10:00 Pickleball Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 6:15 Beginner Zumba! Gym	9 8:15 Water Aerobics* Pool 8:15 Fitness Members Class Rm 2 9:00 S.M.A.C. Rm 2 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 11:45 Lunch Bunch K&W 2:00 Senior Swim Pool 5:45 Water Fitness Class* Pool 6:30 Line Dance Class - Beg. Gym 7:15 Kung Fu* Rm 2 7:40 Line Dance - Adv. Gym	10 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Table Tennis Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym	11 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 5:30 Fitness Members Class Rm 2 5:45 Water Fitness Class* Pool 7:15 Kung Fu* Rm 2	12 9:15 AHOY Gym 10:00 Bocce/Horseshoes Outside 10:00 Shuffleboard/Cornhole Gym 10:00 Water Arthritis Class* Pool 1:00 Movie “The Odd Life of Timothy Green” Rm 1 2:00 Swim Class - Beg.* Pool 3:00 Swim Class - Adv.* Pool 5:00 Table Tennis Gym	13 9:00 Fitness Members Class Rm 2 9:15 AHOY Gym 9:15 Water Zumba Pool 10:15 Fitness Swim Pool 8:00 Greensboro Social Dance — Lewis Center
14 *Registration required	15 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Honey Bee Helpers Rm 1 10:00 Pickleball Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 6:15 Beginner Zumba! Gym	16 8:15 Water Aerobics* Pool 8:15 Fitness Members Class Rm 2 9:00 S.M.A.C. Rm 2 9:30 Bingo Rm 1 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 5:45 Water Fitness Class* Pool 6:30 Line Dance Class - Beg. Gym 7:15 Kung Fu* Rm 2 7:40 Line Dance - Adv. Gym	17 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Table Tennis Rm 2 2:00 Peach Ice Cream Day Rm 1 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym	18 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 5:30 Fitness Members Class Rm 2 5:45 Water Fitness Class* Pool 7:15 Kung Fu* Rm 2	19 9:15 AHOY Gym 10:00 Bocce/Horseshoes Outside 10:00 Shuffleboard/Cornhole Gym 10:00 Water Arthritis Class * Pool 2:00 Swim Class - Beg.* Pool 3:00 Swim Class - Adv.* Pool 5:00 Table Tennis Gym	20 9:00 Fitness Members Class Rm 2 9:15 AHOY Gym 9:15 Water Zumba Pool 10:15 Fitness Swim Pool
21	22 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Risk of Falls Screenings* Rm 1 10:00 Pickleball Rm 2 10:00 Honey Bee Helpers Lounge 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 6:15 Beginner Zumba! Gym	23 8:15 Water Aerobics* Pool 8:15 Fitness Members Class Rm 2 9:00 S.M.A.C. Rm 2 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 5:45 Water Fitness Class* Pool 6:30 Line Dance Class - Beg. Gym 7:15 Kung Fu* Rm 2 7:40 Line Dance - Adv. Gym	24 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Table Tennis Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym	25 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 5:30 Fitness Members Class Rm 2 5:45 Water Fitness Class* Pool 7:15 Kung Fu* Rm 2	26 9:15 AHOY Gym 10:00 Bocce/Horseshoes Outside 10:00 Shuffleboard/Cornhole Gym 10:00 Water Arthritis Class* Pool 2:00 Swim Class - Beg.* Pool 3:00 Swim Class - Adv.* Pool 5:00 Table Tennis Gym	27 9:00 Fitness Members Class Rm 2 9:15 AHOY Gym 9:15 Water Zumba Pool 10:15 Fitness Swim Pool
28	29 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Pickleball Rm 2 10:00 Honey Bee Helpers Lounge 12:00 Nat’l Lasagna Day Lunch* Rm 1 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 6:15 Beginner Zumba! Gym	30 8:15 Water Aerobics* Pool 8:15 Fitness Members Class Rm 2 9:00 S.M.A.C. Rm 2 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 5:45 Water Fitness Class* Pool 6:30 Line Dance Class - Beg. Gym 7:15 Kung Fu* Rm 2 7:40 Line Dance - Adv. Gym	31 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Table Tennis Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym			